



# THE SPECTRUM

## Employee of the Month

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Dianne Renner (L) congratulates EOM Marjorie Potts (R)

**July  
 EOM  
 Marjorie Potts,  
 Staff  
 Development  
 Director**

"Marge doesn't know a stranger, she will always lend a helping hand and is always willing to give advice," says the staff person

who nominated Marge Potts for the distinction of Employee of the Month.

Marge has been livening up Logansport State Hospital with her energy and enthusiasm for more than twenty years. She'll spend hours of her own time tracking down the perfect training courses, materials, and speakers to make sure LSH staff has opportunities for continuous learning and professional skill-building; for instance, Marge is currently working on getting the hospital up to date on CPR and AED skill changes. On June 14, she had a presenter come in and demonstrate the "Auto Pulse," which is a self compressing device, giving compressions automatically instead of manual. Marge is striving to keep LSH with current trends in many facets of her work duties.

Marge has been an avid supporter of the Haunted Train and other staff and patient activities, donating personal time and materials to contribute to the success of those events. There is no challenge she will turn down or obstacle that she will allow to get her down for very long.

**"Remember, YOU can NOMINATE someone TODAY!"**



# SPYKE THE PSYCHE



## MENTAL HEALTH MYTHS

*Myth: A homeless person with a mental illness has little chance of recovery.*

*Fact: Homelessness can be significantly decreased when people are connected to case management, supported housing and related services.*

*— US Department of Housing and Urban Development*

*Myth: People who abuse drugs aren't sick; they are just weak.*

*Fact: Over 66% of young people with a substance use disorder have a co-occurring mental health problem which complicates treatment.*

*— Surgeon General's Report on Mental Health*

*Myth: Troubled youth just need more discipline.*

*Fact: Almost 20% of youths in juvenile justice facilities have a serious emotional disturbance and most have a diagnosable mental disorder.*

*— US Department of Justice*



### **SPECTRUM**

Logansport State Hospital  
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Logansport, Indiana 46947

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Darrin Monroe..... Editor & Photographer . ext. 3803  
Tressa Bowman..... Supt. Secretary ..... ext. 3634  
Chris Taylor..... Comm. Services..... ext. 3709  
Maureen Guimont..... Personnel..... ext. 3626  
Brian Newell ..... Librarian ..... ext. 3712  
Marjorie Potts ..... Staff Development. .... ext. 3801

# Congratulations on your new position:



Diana M. Rhea going to Housekeeper 4 effective 6/10/07



Jeff Babb will be the Acting Safety Coordinator and the Interim Chairperson for the Environment of Care Committee for Logansport State Hospital effective 6/16/07



## UPCOMING EVENTS



On July 6th, 1:15 -3:00 PM at Circle Drive, central rehab staff will sponser a dance to celebrate the 4th of July. George Mize will be our DJ for the afternoon.



We will dance and enjoy some refreshments. If the weather does not cooperate, the dance will be in the auditorium.



July 10th Fulton Co Fair



July 12th Clinton Co Fair



July 16th Cass Co Fair



July 21st Family Mixer



July 24th Tippecanoe Co Fair

# *Adult Education Awards Banquet 2007*

The 2007 annual Adult Education “Awards Banquet” was a big success again this year. There were 100+ hospital staff, parents, friends and students in attendance. We had a full house.

First up on the agenda, kudos was given to Jill Rowe and her staff for a great job they did in preparation for the banquet—decorations, food, and general set-up.

Clark Miller, Adult Education Director and Coordinator, was our keynote speaker. He stressed how important education is and that learning is not just about getting A’s and B’s but about discovery and the accumulation of knowledge throughout our entire lives.

Mr. Phil Conn was the entertainer of the day. Not only was he funny but he demonstrated some very unique magic tricks. He also brought along one of his friends made of wood.

A special “Thank You” was given to Gloria Stines for devoting her time to the GED testers this year.

Also, thanks to Darrin Monroe was in order for his expertise with the audio/video presentations.

Mr. Ed Luse, Adult Education teacher, presented the awards to the 54 current students in the education program.

The Outstanding Adult Learner recipient this year was Mitch H. for his outstanding work in the classroom and for reaching his GED levels.

The program closed with a slideshow of the year’s events.





# Adult Education Awards Banquet



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# June is Dairy Month

## Dairy Products Fuel Your Body, Not Just Your Bones



Get summer started off on the right foot with consuming three a day nutrient-rich dairy foods. From calcium to potassium, dairy products like milk, cheese and yogurt contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis, and colon cancer. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. These are just a few of the reasons that you should celebrate dairy this June. Milk and other dairy foods are among the safest and highest quality foods. Stringent U.S. government regulations and dairy industry programs, along with continued vigilance at every stage of production, processing, pasteurization, and distribution, contribute to the safety and quality of milk and other dairy products. From the farm to your fridge, milk is never touched by human hands.

### *Quality Starts on the Farm*

Farmers pay special attention to the diets and living conditions of their animals. Just as some people consult dietitians to help them eat right, many dairy farmers consult with feed nutritionists to design a diet for their cows that is well balanced. Good food is the first step toward good milk. Properly sanitized equipment and thorough cleaning of the cow's udder prior to milking is equally important. As the cow is being milked, her milk flows through sanitized hoses and refrigerated pipes to a sanitized bulk tank where it is immediately cooled down from her body temperature, about 100 degrees F, to 38- 45 degrees F. This preserves freshness and guarantees safety. Then the milk is soon picked up by a refrigerated milk truck.

### *On-farm Testing Happens Daily*

Before the milk is delivered to the processing plant, the milk truck driver takes a sample of the milk to test for impurities, such as animal drug residues, that would compromise quality. If antibiotic residue is detected, the entire tank of milk is immediately discarded, never to reach American's families. The farmer responsible for the impure milk may have to pay the cost of the entire truckload of milk, so each farmer's incentive to maintain milk quality is high. Government data indicates that less than one tanker in 1,000 tests positive for animal drug residues, a sign that the deterrent system is working.

### *Farm Inspections are Routine*

Inspectors from state regulatory agencies and milk processing plants make unannounced visits to farms on a regular basis. These surprise visits are just one more set of checks and balances to make sure animal living conditions are clean, milking equipment is properly sanitized, sanitizing solution is being used to clean each cow's udder before milking, and the facilities in general provide a safe working environment for all.

*Reference from: MDA MIDWEST DAIRY ASSOCIATION*



# Art~'n~fact

## Logansport State Hospital Dairy ...a while ago.

At the turn of the twentieth century (1900), the Farm Department was well established consisting of young turkeys which were being destroyed by nasty hungry dogs, pigs, and chickens. Gustav Minx, hired in 1896, was head of the annual flower shows. Choosing a different theme each year Mr. Minx turned the assembly hall into a European, Oriental or other type of garden. It was not until 1921 that there was any great increase in the farm acreage. During the depression years, 1929 – 1941, the farm program proved its value not only to the hospital but to the citizens of the Cass and Carroll county communities. Some of the farm land including a stone quarry used to prepare gravel for road construction was placed under the supervision of the Works Project Administration (WPA). Jobs and foods were hard to find. Folks worked for the WPA. The garden farms raised thousands of tomatoes and other seasonal vegetables to anyone for the asking. The program was so successful in aiding citizens during these hard times that special recognition was made by several state officials.

Definite steps had been made by 1904 to standardize the Dairy herd. Superintendent, Dr. Rogers, reported that the original bull was aging. Purchase of a Holstein – Frieson full-blooded two year old bull of good pedigree and points, at a cost of \$75, was made. In 1934 the Dairy possessed only four registered Holstein-Friesian cows. In the following few years a the herd grew to be 120 with the calves being bred born on the farm. This made the herd special. Patients and staff gave the cows such names as “Bertha, Dolly, Fannie, Gertie, Maud, Ollie, Pink, Queen, Star, Tulip, and Violet.”

### *Twelve Month Production Record Actual Average Production Per Cow*

1934	15,378 lbs. of milk	Test 3.7	Butterfat poundage of 574	121 cows
1968	16,451 lbs. of milk		Butterfat poundage of 597	114.7 cows

A few years back Marge Potts interviewed Howard and Margie McCoy to document their remembrance of the LSH dairy. She enjoyed the afternoon listening to Howard and Margie, most likely, because she too helped her family milk and care for a Holstein Herd of 120 cows. Howard began milking at the new dairy barn in 1951 and he and his wife moved into the dairy house in 1952. Howard worked over 30 years at Logansport State Hospital. He remembers being one of the first to live in the dairy colony when it opened up. Their family lived in a little three room apartment on the west side. He reminisced about filling the four upright silos and two bunker silos. He was in charge of the 120 cow herd. Howard showed cattle at the State Fair Open Show. He was the chief dairyman at the state hospital. There are pictures of six top dairymen being honored in 1951. The trophy cup says “1951 Institutional Dairy Showman, Howard Gene McCoy.” John A. Larson, MD was Superintendent during this time as was Indiana Governor Henry F. Stricter.





All the milk was used at the hospital. Five big gallon cans was hauled to each ward daily. Howard and Margie said that “there were 3000 patients out here in 1952 and decreased to about 2500 patients by 1956.” The dairy was three miles out from the hospital. The breeding program included stud service by bulls owned by the hospital as well as artificial insemination from other leading Holstein lines. The bulls ran east of the milking parlor. Howard made sure the dairy cows were fed high-quality diets containing protein, vitamins, and minerals several times a day. At each milking, the milk was piped directly to the pasteurizing room where it was pasteurized and cooled in the big cooler. The milk was brought up to the hospital and kept in the Butcher House coolers in milk cans. There was never a shortage of milk!

Marge remembered all those breakfasts she served. A few patients who milked daily lived in the dairy house. They got up at 4 a.m. and started milking about 5 a.m. Breakfast was served by Marge about 8 o'clock. It took a little over an hour to milk 120 cows. Howard reported there were six DeLaVal milking machines to use. Between 3 and 4 in the afternoon, the cows were brought in and the patients started feeding them at 3 o'clock and by 4 everyone would start milking. Howard remembered that many patients helping at the dairy were immigrants and it was difficult to communicate with them. Marge and Howard would make home made custard ice cream fairly often. Boy, it was good! Everyone communicated quite well while eating it.

The farming operation terminated at Logansport State Hospital in 1968. The dairy won the Twelve Month Indiana State Dairy Association Gold Certificate of Merit Herd Award that year. The 1968 herd production record shows that the average production per cow was 16,451 pounds of milk with 597 pounds of butterfat (per year per cow). The herd was internationally known.

Howard and Marge McCoy retired in 1976. Their hard work will always remain on the grounds of Logansport State Hospital.



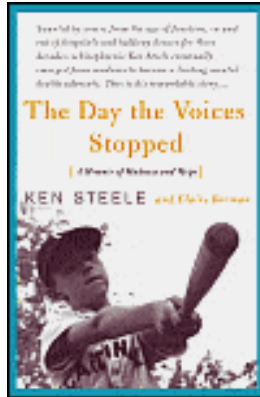
Cows grazing in the Pasture at  
Logansport State Hospital



Cows gather in the tramp shed



## The Book Nook



Steele, Ken. The Day the Voices Stopped: A Memoir of Madness and Hope. NY: Basic Books, 2001.

### *From the Publisher*

"For 32 years Ken Steele suffered the devastating symptoms of schizophrenia, tortured by inner voices commanding him to kill himself, ravaged by the delusions of paranoia, barely surviving on the ragged edges of society." "The Day the Voices Stopped is the story of Ken Steele's cruel illness and his hard-won recovery. It is also the story of how activism and advocacy helped Ken regain his sanity and go on to give hope to so many others like him. Here he shares not only the experience of living with schizophrenia, but offers advice on how families can help support loved ones coping with severe mental illness." "Ken Steele's Voter Empowerment Project, aimed at bringing people with mental illness to the voting booths, registered 28,000 previously disenfranchised voters in New York City alone. Through his work as publisher of the mental health advocacy newsletter New York City Voices, Steele helped move mental health issues to the forefront of public health debates.

The Staff Library is located in the Lynch Building, room 248 accessible by 1A1 key but it is best if you call ext. 3712 or e-mail [bnewell@fssa.state.in.us](mailto:bnewell@fssa.state.in.us) with your request. We order new books each month.



Purchasing and Inventory Department consist of (L-R): Nicole Watts, Debb Middleton, Toni Fisher, Diana Pfaff, and Rob Clover.

The mission of Purchasing and Inventory is to provide quality and timely goods and services for our Hospital. The department's goals include: (1) purchasing the best products at the best possible price while complying with regulatory requirements established by the Procurement Division, Indiana Department of Administration (IDOA), (2) providing timely and effective contract service and preventive maintenance and (3) staying within budget targets established as part of Logansport State Hospital's operating budget.

Purchasing and Inventory are located on the second floor of the Administration Building and consists of four employees, Debb Middleton, Toni Fisher, Diana Pfaff, and Nicole Watts, who joined the Purchasing and Inventory staff in March. As such, they have sole authority for purchasing all goods and services in support of our mission here at the hospital. Debb, Toni and Diana's primary focus is on purchasing supplies and related services while Nicole's focus is on purchasing equipment and related maintenance. Although required to stay within the guidelines established by IDOA, this dedicated team continues to put the needs of our patients first and foremost.

"Particularly noteworthy is the approach Debb, Toni, Diana and Nicole have taken in adapting to new purchasing requirements and software implemented over the past couple of years. They have faced the challenges head on even though inefficiencies were created by these changes", states Rob Clover, Assistant Superintendent. "With the addition of PeopleSoft eProcurement and Full Financials, the workload of the staff has virtually doubled requiring that most all purchases be entered twice into the system.

Likewise, our ability to reach out to a wide array of vendors has been limited as a result of recent purchasing limitations established by the State". According to Mr. Clover "We can not go to any vendor and simply buy a product or service. We must comply with strict policies and procedures (sometime even laws) established by the Department of Administration. For example, in order to make a purchase, the vendor must be registered with Secretary of State and be on file with the Auditor's Office. Also, we have seen a tremendous growth in the amount of contracts that have been developed and administered over the past several years. This has been accomplished without any growth in staff and I am particularly proud of the time and effort Debb Middleton has put into working and reworking our contracts. All this having been said - - where there is flexibility, we will use it to our full advantage to get the supplies and services needed for quality care. That is the bottom line."

#### (Individual Bios)

Debb Middleton has been a Logansport State Hospital employee since October, 1979. After working in the mailroom/cashier's office, she began her Purchasing career in 1983. Her responsibilities as lead purchasing clerk include processing purchase requests and invoicing for supplies for Central Services, Nutrition Services, Material Management, Pharmacy, Environmental Services, Office Supply, Clothing Store, etc. She also processes all personal service contracts for this facility.

Toni Fisher has been at our hospital since March of 1986. Need money to take the patients to a ball game or shopping - - call Toni! She issues the checks for the Recreation account and the Canteen. Any money, going in or out, has to be entered in the computer and balanced with the bank statement at the end of the month. Going to a conference or training of any kind? Turn in your receipts to Toni and she will do the appropriate paperwork to get you reimbursed. She also pays some of the many incoming bills that our hospital receives.

Diana Pfaff started at LSH October, 1995 in Patient Accounts. She later transferred to the Purchasing office in March of 2002. She is responsible for the ordering and payment of local purchases under \$ 500 (SDO Account) and some of the QPA purchases and payments. She also keeps a record of the Clothing purchase amounts for our patients. Diana is the contact person for repair of the Copiers and Fax machines.

Nicole Watts is responsible for inventory tracking for Logansport State Hospital. She also purchases equipment and maintenance supplies following state Streamlining and eProcurement regulations. Her duties also include preparing invoices for payment by the Auditor of State. She is responsible for preventive maintenance contracts and renewals through Department of Public Works and IDOA, and works with State Surplus to maintain the farm land lease. She serves as a member and Recorder for the Equipment Review Committee. Nicole has been employed at LSH since October 2002.



## CASINO DAYS

On Friday, June 8<sup>th</sup>, the Fogel Auditorium was transformed into a Vegas Casino for the afternoon. Each unit was scheduled a time to come and play various casino games. Each patient was given \$200 to begin playing.

Texas Hold-em, Roulette, Blackjack, and Spin Wheel were a few of the popular games. In between winning or losing, the patients enjoyed lemon shake-ups, popcorn and shaved ice.

Thanks to all the staff that helped make the afternoon a success. If you have any ideas to make the event better or would like to have a booth, please contact Jill Rowe at extension 3711.





# Father's Day



## FATHERS' DAY HISTORY

Sonora Dodd, of Washington, first had the idea of a "father's day." She thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909.



Sonora wanted a special day to honor her father, William Smart. Smart, who was a Civil War veteran, was widowed when his wife died while giving birth to their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington state.

After Sonora became an adult she realized the selflessness her father had shown in raising his children as a single parent. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910.

President Calvin Coolidge, in 1924, supported the idea of a national Father's Day. Then in 1966 President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day. President Richard Nixon signed the law which finally made it permanent in 1972.

Article by: Holly Hartman on Infoplease® website





# Some of Dad's Favorite Sayings!

*Go ask your mother!*

*Just wait until I get you home!*

*I love you, son!*

*I love you, princess!*

*When I was your age....*

*My father used to tell me...*

*I used to walk to school in the snow!*

*Be home early.*

*That's not a tear;  
I have something in  
my eye.*

I Love  
You  
Dad

# Fresh Feature

## Deskercises

### *Neck Deskercises*

Many people suffer from neck stiffness and soreness. It is no wonder your neck has the difficult burden of carrying your head around; it never gets a break, except when you lay down.

#### *Neck Push*

This can be done sitting or standing and helps strengthen your neck muscles, which in turn will help alleviate some of the discomfort.

Keeping your head upright, hold the palm of one hand against your forehead, and press your head forward, resisting with your palm. Hold for 10 to 15 seconds. Now clasp your hands behind your head, and press your head backward, resisting with your hands. Hold for 10 to 15 seconds. Now hold your right hand against the side of your head, and press your head to the right, resisting with your hand. Again, hold for 10 to 15 seconds. Then repeat on left side.

#### *Relax and Roll*

Stress and anxiety often lead to an aching neck. Poor posture also plays a role. This stretch relieves tension in your neck and surrounding muscles.

Relax your shoulders and let your head roll forward, chin to chest. Slowly rotate your head in a circle without straining your neck. Repeat five times.

Relax. Then rotate in the opposite direction and repeat five times. Try not to raise your shoulders as you do this exercise.

Look for another deskercise in the next Spectrum.



# Culinary Corner

## Apricot Beef Stir-Fry

1 tsp. cornstarch  
¼ cup cold water  
½ cup sugar-free apricot preserves  
2 tbsp. light soy sauce  
½ tsp. garlic, minced  
1 pound boneless beef sirloin steak, thinly sliced  
1 tbsp. olive oil  
16 oz. package of frozen stir-fry vegetables

In a small bowl, whisk cornstarch and water until smooth. Stir in preserves, soy sauce, garlic and pepper. Set aside.

In a large skillet or wok, stir fry beef in oil until no longer pink. Add vegetables and stir fry according to package directions.

Stir apricot mixture and add to skillet. Cook and stir until slightly thickened.

Serve with rice.

Number of servings: 5

Fat: 10.0 grams

Carbohydrates: 26.2 grams

Calories: 301.8

Protein: 28.5 grams

[www.sparkpeople.com](http://www.sparkpeople.com)

# Very Berry Salad

2 tablespoons lemon juice  
2 tablespoons orange liqueur (recommended:Cointreau)  
2 teaspoons honey  
1 16-ounce container strawberries, trimmed  
1 8-ounce container blueberries  
1 6-ounce container raspberries  
¼ cup chopped fresh mint leaves

In small bowl, whisk together the lemon juice, orange liqueur, and honey. In a large bowl combine the berries and the mint. Pour the dressing on top and toss gently.

## Nutrition Information

Nutritional Analysis per serving Calories 83  
Total Fat 0 grams Saturated Fat 0 grams  
Carbohydrates 20 grams Protein 2 grams  
Fiber 4 grams

## Recipe Summery

Difficulty: Easy  
Prep Time: 5 minutes  
Yield: 6 (1 cup) servings

[www.foodnetwork.com](http://www.foodnetwork.com)

Ellie Krieger



# CASS COUNTY

## 4 H

Come check out our LSH booth, July 16th - July 20th.

Please call Community Services at 3708/3709 if you would like to volunteer to work the booth.

# Who Am I?

Can you guess who this guy is?

If you can, call Darrin Monroe at # 3803 or e-mail: [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov) by July 3. All correct answers will be entered in a drawing, sponsored by the Morale Boosters to win a free "Jumbo" soft drink at the Hillside Café.

Winners will be announced in the next Spectrum.

Need a hint?

He broadcasts, captures, and circulates in various ways.

Find out who this is in our next issue.

Last Issue:



Rick Biancardi



The winner of a free Jumbo size drink is: Nicole Watts.

If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.